

Listing of Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (Currently Amended) A restaurant format comprising:

a menu presented to a customer at ordering which lists a plurality of available [prepared] food selections, and which includes one or more diet indicators for [each] said food selections, [that indicate which of several diet and nutrition plans said food selection may be] with each diet indicator associated with a particular diet plan, and further associated with a selection of ingredients and cooking methods which result in said food selection being prepared in compliance with a diet plan upon the customer specifying a food selection and a diet preference ; and

a kitchen system [which prepares said] capable of preparing food selections [in accordance with a customer's selected diet and nutrition plan] from the menu using the ingredients and cooking methods that result in said food selection being prepared in compliance with the diet plan indicated by the customer; wherein

[so that said] each customer [may be] is presented [with said food selection prepared in a manner compliant with a diet and nutrition plan selected by said customer] with the same restaurant menu, and may select a food selection from the menu, and may indicate a preferred diet plan, from which information the kitchen will prepare said food selection using ingredients, and cooking methods that will result in the food selection being in compliance with the diet plan indicated by the customer.

2. (Canceled) The restaurant format of claim 1 in which each menu selection is marked with an indicator of compliance with one or more selected diet plans, so that a customer can select dishes and meals that are compliant with a particular diet plan.
3. (Original) The restaurant format of claim 1 in which the menu selections are evaluated for composition of fats, carbohydrates, and protein.
4. (Original) The restaurant format of claim 1 in which the menu selections are grouped by diet plans, so that all items in a listed group are compliant with a particular diet plan.
5. (Previously Amended) The restaurant format of claim 1 in which preparing the menu selection in a manner that results in a meal compliant with a chosen diet or nutrition plan selected by a customer includes utilizing preselected ingredients, cooking methods, and side dishes.
6. (Currently Amended) The restaurant format of claim 1 wherein said diet and nutrition plans include proprietary diets, diets based on a ratio of fats, carbohydrates based diets, and protein[s] based diets, diets featuring high fiber, low cholesterol diets, organic diets, pesticide free diets, various kinds of vegetarian, free range meat, non-feedlot beef, limited carbohydrate, and other diets.

7. (Original) The restaurant format of claim 1 in which menu selections compliant with a particular diet are listed on separate menus, so that every item on a particular menu will be compliant with the selected diet.

8. (Currently Amended) A menu format comprising:

a menu for presentation to a customer at a restaurant which lists a plurality of [prepared] food selections and which includes one or more diet indicators for [each] food selections indicating which of several diet and nutrition plans said food selection may be prepared to be in compliance with;

so that by specifying only a food selection and diet and a nutrition plan a customer may be presented with said food selection prepared in a manner compliant with [a] the diet and nutrition plan selected by said customer, with said food selection prepared using ingredients and cooking methods appropriate to said selected diet and nutrition plan.

9. (Canceled) The menu format of claim 8 in which each food selection is marked with an indicator of compliance with one or more selected diet plans, so that a customer can select dishes and meals that are compliant with a particular diet plan.

10. (Currently Amended) The menu format of claim 8 in which [the food selections] one diet and nutrition plan is based on the [are evaluated for] composition of fats, carbohydrates, and

protein[,] of a food selection, and an indication of composition ratios of food selections are presented.

11. (Previously Amended) The menu format of claim 8 in which the food selections are sorted by diet plans, so that all items in a menu grouping are compliant with a selected diet plan.
12. (Currently Amended) The menu format of claim 8 in which said menu [a food selection] indicates a selection of ingredients, cooking methods, and side dishes which are compliant with a chosen diet or nutrition plan for a particular food selection.
13. (Currently Amended) The menu format of claim 8 wherein said diets and nutrition plans include proprietary diets, diets based on a ratio[n] of fats, carbohydrates, and proteins, diets featuring high fiber, low cholesterol, organic, pesticide free, various kinds of vegetarian, free range meat, non-feedlot beef, limited carbohydrate, and other diets.
14. (Original) The menu format of claim 8 in which menu selections compliant with a particular diet are listed on separate menus, so that every item on a particular menu will be compliant with the selected diet.
15. (Currently Amended) A method of organizing a restaurant food selection, comprising the steps of:

[using] providing a menu that includes a variety of prepared food selections, with each selection presented to a customer for ordering including an[d] indicator as to [whether or not this food item complies with basic categories of] which diet plans the food selection can be prepared for compliance with;

combining menu items into meals that comply with said diet plans;

serving lean cuts of meat by default, and preparing said meat in a manner that allows fats to drip away from the meat; and

serving complex carbohydrates by default in all items containing carbohydrates and offering simple carbohydrates only on request.

16. (Previously Amended) The method of organizing a restaurant food selection of claim 15, with the additional step of training restaurant staff in features related to various diet plan types so that staff can readily assist customers in choosing diet compliant items from said menu.

17. (Original) The method of organizing a restaurant food selection of claim 15, with the additional step of providing on said menu basic nutritional information for menu items.